

**AMENDMENTS TO THE CLAIMS:**

This listing of claims will replace all prior versions, and listings, of claims in the application:

**LISTING OF CLAIMS:**

1. (Original) A process for preparing an SDG-rich product comprising a step of extracting a plant material containing secoisolariciresinol diglycoside (SDG) with a basic alcohol.

2. (Original) The process for preparing an SDG-rich product of claim 1 wherein the plant material containing SDG is flaxseed.

3. (Original) The process for preparing an SDG-rich product of claim 2 wherein the flaxseed is defatted flax cake.

4. (Currently Amended) The process for preparing an SDG-rich product of ~~any one of claims 1 to 3~~ claim 1 wherein the alcohol has a concentration of 30-100% (v/v).

5. (Currently Amended) The process for preparing an SDG-rich product of ~~any one of claims 1 to 4~~ claim 1 wherein the basic alcohol contains 0.05-2N alkali.

6. (Currently Amended) An SDG-rich product prepared by the process of ~~any one of claims 1 to 5~~ claim 1.

7. (Original) A material for foods and/or drinks comprising the SDG-rich product of claim 6.

8. (Original) A food and/or drink containing the material for foods and/or drinks of claim 7.

9. (Original) The food and/or drink of claim 8 containing 1~1000 mg of SDG as a daily intake.

10. (Original) The food and/or drink of claim 8 containing 0.001~90% by weight of SDG.

11. (Original) The food and/or drink of claim 8 having a form containing 10~90 mg of SDG as a daily intake.

12. (Original) A food and/or drink containing SDG and an isoflavone.

13. (Original) The food and/or drink of claim 12 containing 1~1000 mg of SDG as a daily intake.

14. (Original) The food and/or drink of claim 12 containing 0.001~90% by weight of SDG.

15. (Original) The food and/or drink of claim 12 having a form containing 10~90 mg of SDG as a daily intake.

16. (Original) The food and/or drink of claim 12 having a form providing a daily intake of 10~90 mg of the isoflavone.

17. (Currently Amended) The food and/or drink of ~~any one of claims 12 to 16~~ claim 12 wherein SDG is extracted from a natural source.

18. (Original) The food and/or drink of claim 17 wherein the natural source is a plant material containing SDG.

19. (Original) The food and/or drink of claim 18 wherein the plant material containing SDG is flaxseed.

20. (Currently Amended) The food and/or drink of ~~any one of claims 8 to 19~~ claim 8 having the effect of preventing and/or improving various symptoms caused by imbalanced female hormones.

21. (Currently Amended) The food and/or drink of ~~any one of claims 8 to 19~~ claim 8 having the effect of preventing and/or improving menopausal symptoms.

22. (Currently Amended) The food and/or drink of ~~any one of claims 8 to 19~~ claim 8 having the effect of preventing and/or improving one or more symptoms

selected from the group consisting of osteoporosis, hyperlipidemia, hypertension, obesity, depression and hot flashes.

23. (Currently Amended) The food and/or drink of ~~any one of claims 8 to 19~~ claim 8, which is selected from the group consisting of baked goods such as bread and biscuits, drinks such as juice and sugar-free tea, liquors, soup, candy, gum, yogurt, ice cream, pudding and jelly.

24. (Currently Amended) The food and/or drink of ~~any one of claims 8 to 19~~ claim 8 in a processed form selected from the group consisting of powder, granule, tablet, soft capsule, hard capsule, internal medicine and syrup.